

Drugs, Alcohol Under Fire

1-30-86

War has been declared on alcohol and drug abuse by the youth of our community. With the formation of the Wasatch County Task Force on Youth and Alcohol and Drug Abuse on January 22nd, the efforts of the governor's office have now come to Wasatch County.

The task force is headed by Dr. Bill Ferguson who is acting as president of the group, the remainder of the group is made up of interested community members who have been selected to serve on various committees such as community awareness, prevention, intervention, aftercare and law enforcement.

The purpose of the task force is to make life as difficult as

possible for the pusher and at the same time assist youths that need treatment.

The 19-member group met for the first time to address the problem that has made its mark on over 13,000 Utah youths. This problem deserves an all out attack by every law enforcement agency, school, parent and social service organization in the county.

The newly formed task force was addressed by Carolyn Boies, Vice-President of the Utah Federation for a Drug Free Youth and by Beverly Prince, Regional Director for the Federation.

The purpose of the task force is to set up a chapter of community leaders that will come together to

seek solutions for drug and alcohol abuse problems in Wasatch County. The task force will originate short and long range goals to guide the fight against abuse. Also the task force is to consider ways in which the Utah State Government could assist them in this effort.

After the task force has completed its efforts, the Wasatch County Chapter that has been created, will take on the goals of the task force and attempt to further these efforts. The chapter will actively seek to involve more community members to help combat the problem of drug and alcohol abuse in our youth.

War Declared on Drugs and Alcohol

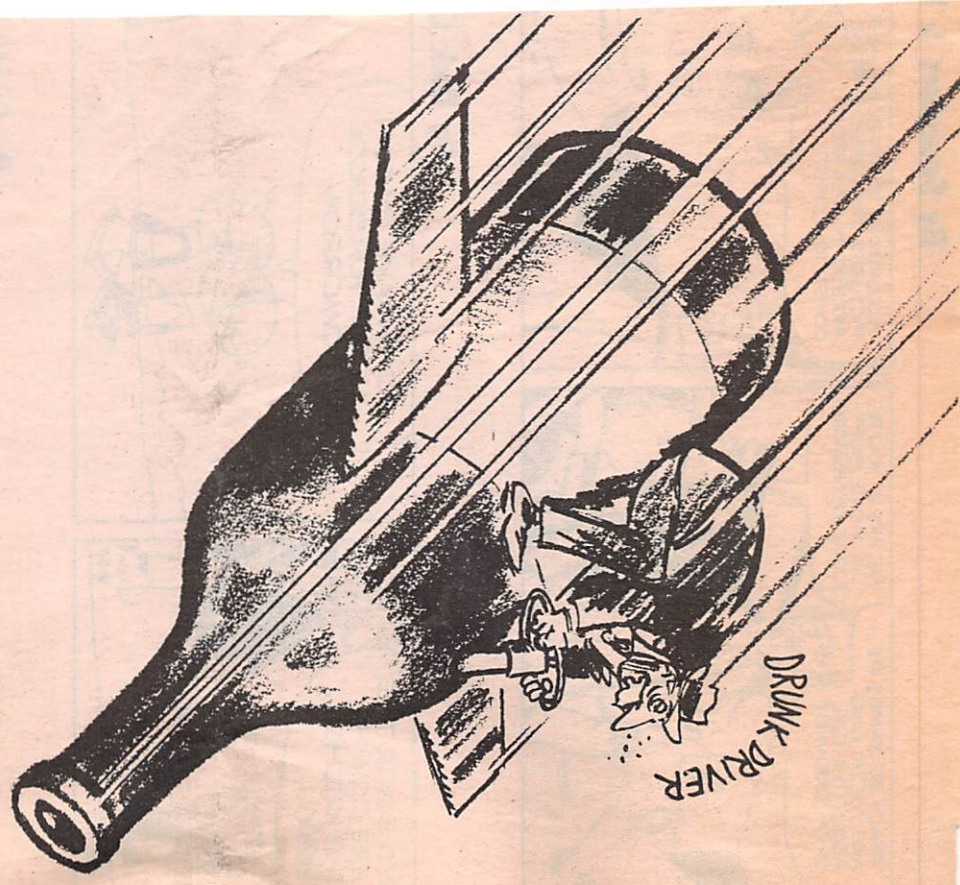
1-30-86

Last week a task force was formed to help implement the call of Utah's first lady, Colleen Bangerter to come to grips with the drug and alcohol abuse problem that faces the youth of our state and community.

This group, the Wasatch County Task Force on Youth Drug and Alcohol Abuse, does not in any way replace any of the organizations that are presently battling the drug and alcohol problem in our county but rather was formed to make recommendations to the state as to what needs to be done on a local level to better combat this social problem.

We applaud the efforts of this group and encourage every member of our community to support these efforts. We especially urge the parents of children in our school system to make themselves more aware of not only the problem but also what can be done to combat this growing blight on the youth.

The Wasatch County Task Force on Youth Drug and Alcohol Abuse is not the final answer but it is the first step in forming the community into a unified effort to come to grips with the drug and alcohol problem.



DRUNK DRIVER

INNOCENT
VICTIMS



Kamikaze

By POWERS
Illustrated by HENRY

HEARING TEST FOR SENIOR CITIZENS

A FREE hearing test will be given every 2nd TUESDAY of the month at the Heber City Center from 9 a.m. to Noon. No obligation.

ADDITIONAL SERVICES:

Batteries at Discount Prices - FREE Cleaning and adjusting of aids

SPONSORED BY HEARING AID SPECIALISTS CO.

NARCOTICS ANONYMOUS

Do you have a drug problem?
Do you need help?

OPEN N.A. MEETINGS
Saturdays, 8:00 P.M.
Old Charleston School

or Call 654-2188, Anytime

Wasatch City-County Health Department Offers Variety of Services

Wave 20 Mar 1986

The Wasatch City-County Health Department offers a variety of services to the public, some of which may be of benefit to the clients seen in your offices. This letter is to notify you about one in particular, the WIC Supplemental Food Program.

W.I.C. stands for Women (pregnant, breastfeeding or up to 6 months post-partum), Infants (to age 1 year) and Children (up to age 5). The WIC food program is funded by the U.S. Department of Agriculture and is administered through state and local agencies.

The foods provided under this program are specific in that WIC participants are told what types of food they can choose. WIC foods are high in iron, protein,

calcium and vitamins. In addition to supplying vouchers to purchase the foods to eligible women, infants and children at no cost, WIC offers extensive nutrition education classes as well as family dietary counseling. Through the educational component, WIC participants are given the knowledge and taught the basic skills necessary to change dietary behaviors and improve the nutritional status of their families.

Before an individual can become a WIC participant, there are certain eligibility requirements that must be met:

1. They must be residents of Wasatch County.
2. They must meet certain income guidelines.
3. They must show a nutritional need or qualify as a nutritional

risk. (Risk being pregnancy problems, inadequate growth patterns, etc.). Should you see any clients that might be eligible to become a participant in WIC, we would appreciate your efforts in urging them or yourself to contact us. An appointment may be made by calling the WIC office at 654-2700 or visiting the Wasatch City-County Health Department at 805 West 100 South.

Thank you for your cooperation and assistance in this program.

Sincerely,

Maxine McAfee, R.N.
Nurse Supervisor
Wasatch City-County
Health Department

Heber Valley Businesses to Support Red Ribbon Days

Would you like a chance to win these items: Case of soda pop, bowling games, pearl ring, a hair cut, a hunting knife, a large pizza, a video rental. These are some of the prizes that you could possibly win by participating in Red Ribbon Days May 21 and 22. Many businesses here in Heber Valley have been very generous in helping Red Ribbon Days happen. They have donated money, merchandise, or services to show their concern with the teen drug/alcohol use problem. One of the best ways to combat teenage drug/alcohol use is to help the parents, teens, and community to be aware of the terrible problems, heartaches, and use, these substances can cause. Everyone needs to learn the signs of drug/alcohol use in teenagers and to learn what to do and how to help the teen.

We are saying at Red Ribbon Days--- STOP--- ENOUGH--- We've had too many teenagers killed, too many lives ruined, too many homes destroyed-- DON'T USE---

Red Ribbon Days is a project of the Wasatch County Federation for Drug/Alcohol Free Youth, affiliated with State and National Federation of Parents. From the County Task Force on Youth Drug/Alcohol Abuse came the goal of making the public aware of the wide spread problem of drug/alcohol use among the valley's teenagers. Experts in prevention of the problem, tell parents that they should begin at elementary school ages to teach the problems of drug/alcohol use.

Red Ribbon Days will be May 21 and 22. There will be booths, with free information on drug/alcohol use problems at Day's Market and Safeway's for adults in the community. There will be booths at the Middle School and High School for the teenagers. To get your name into the drawing for free merchandise, adults must go to the booth at either store, and sign a pledge card. This is your promise that you will read and discuss with family members the offered materials about drug/alcohol abuse. You will be given a badge to wear for the two Red Ribbon Days. Your pledge card will be dropped into our drawing box. At the end of Red Ribbon Days a drawing will be held to determine who has won the offered prizes.

Local concerned citizens, parents and grandparents will be at these booths, volunteering their time. They will help get the message out that Drugs and Alcohol are harming, killing our youth.

At the Middle School and High School there will be booths for students to sign a pledge card and get a Red Ribbon Badge to wear. They will be given a chance in their English classes, to read the offered material about the latest scientific information on the harm drugs and alcohol do to the human body. Then they can decide if they want to go to the Red Ribbon Booth and sign a pledge to discuss information with friends and family and wear the Badge.

Many people have contributed hours of volunteer time to the Red Ribbon project. Sally

Quinters is the "Red Ribbon Days" chairperson. The chairman of the supporting committee have been: Suzy Woodruff who has gotten the badges and cards ready with the help from the Senior Citizens and the Wasatch County Hospital Junior Volunteers, Larry Duke- Booth Personnel, Harold Call and Darian Shaw- Contributions, Bob Elliott- Booth Construction, Kelly Jarvis and Colette Gardner- Publicity, Soni Schwinn- Booth Materials. The President of the Wasatch County Federation for Drug/Alcohol Free Youth is Dr. Bill Ferguson, Treasurer- Ray Nielsen, and Secretary- Sally Quinters.

A complete list of all participating businesses will be published in the Wave on May 22.

"It's No Secret"

10 July 1986

Wasatch County Alcohol and Drug Prevention Program now provides Counseling and Support Services to spouses, children, family members and adult children of alcoholics.

It is important for all children who deal with an alcoholic or substance abusing parent to know:

- Alcoholism and drug dependency is an illness.
- All of his (or her) life the child must be aware he is at greater risk of becoming an alcohol abuser or an alcoholic, after much less alcohol use than by other children who are not predisposed.
- The child can not cure mom or dad.
- The parent's alcoholism is not the child's fault.
- The child is not alone, there

are many of his peers with the same potential problem.

- Alcoholics can and do recover.
- And the child needs to, and should, get help so he can feel better, independently of what goes on in the family. Many times an adult child of an alcoholic is now married to an alcoholic and needs assistance.

Many times children who come from the most difficult family situations are prone to protect family secrets such as alcoholism. They are fiercely loyal to their families even though the loyalty is undeserved. They often struggle to appear normal and thus avoid the support systems (counseling/Alanon) that could make their lives whole and relieve them of the guilt that comes with keeping family

secrets. Many times a spouse will avoid dealing with their own problems through counseling by blaming all their problems on their alcoholic partners drinking and irresponsibility.

Unfortunately the alcoholic or substance abuser seldom recovers or seeks help as long as family members avoid support and counseling themselves and attempt to keep all the family secrets boxed up inside.

The Wasatch County Alcohol and Drug Prevention Program is available to family members by calling 654-3003, ask for Robert Blanthorn. The Prevention Center now has two part time therapists to assist families with substance abuse problems, Fawn Chidester and Ari Levy. All services are confidential and therapy fees are based on ability to pay.